

Blast Off Sheet



My long term goals are:

- 01
- 02
- 03

I want to achieve them by:

My medium term goals are:

- 01
- 02
- 03

I want to achieve them by:

My short term goals are:

- 01
- 02
- 03

I want to achieve them by:



List three things that you will do from now onwards to help you ■blast off■ to reach your targets